




What is my risk of having a heart attack or stroke?

Chance of having a heart attack or stroke in the next 5 years:

LOW RISK: <10%

MODERATE RISK: 10-15%

HIGH RISK: 15%



What can I change about my lifestyle to reduce my risk?

How much physical activity should I be doing?


minutes/week

What is my ideal:

Weight: kg BMI:

What kinds of foods are heart healthy?

What are the best steps to take to quit smoking?



When is my next Heart Health Check due?

6 months 12 months 24 months

Date: ___ / ___ / ___

Talk to someone who is specially trained in heart health care to answer your questions.

Call our Helpline on 13 11 12.

Questions to ask when you are having a

HEART HEALTH CHECK

For more information visit heartfoundation.org.au

This material has been developed by the Heart Foundation for general information and education purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. © 2019 National Heart Foundation of Australia.



What are my risk factors for heart disease?

1. Blood Pressure

What is my blood pressure?

Current: / mmHg
Systolic Diastolic

What should my blood pressure be?

/ mmHg
Systolic Diastolic

How often should I have my blood pressure checked?

2. Cholesterol

What are my cholesterol levels?

	MY LEVELS	IDEAL LEVELS
TOTAL CHOLESTEROL (mmol/L)		
HDL CHOLESTEROL 'GOOD FATS' (mmol/L)		
LDL CHOLESTEROL 'BAD FATS' (mmol/L)		

3. What are my other risk factors for heart disease?

How does diabetes affect my risk of heart disease?

How does my family history of heart disease affect my risk?

How does my cultural background affect my risk of heart disease?

What are my other risk factors:



If recommended, what do I need to know about my medication(s)?

BLOOD PRESSURE LOWERING MEDICINE

Name of medicine: _____

Strength: _____

How do I take this?: _____

Common side effects: _____

CHOLESTEROL LOWERING MEDICINE

Name of medicine: _____

Strength: _____

How do I take this?: _____

Common side effects: _____



Other notes:
